

WARREN



"Jolly Rogers"

SENTINEL

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Volume 64, Issue 27

F. E. Warren Air Force Base, Wyoming

July 8, 2005

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INDEPENDENCE DAY

Andrew Harwell, son of Staff Sgt. Jimmy Harwell, 90 Security Support Squadron, plays with a sparkler at Centennial Lake. Many of Warren members gathered on base to watch the fireworks on July 4.



Photo by Airman 1st Class Tessa Cubbon

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Commentary

Spring cleaning

Lt. Col. Gerald Wiest

Medical Operations Squadron

As I recently prepared to PCS to Warren, and take inventory of the accumulations in the house, it became obvious that I have a lot of “stuff.” George Carlin has a funny routine about “stuff” – when we buy too much stuff we need a bigger house, which we fill up, so we need a bigger house, and we buy more stuff, need a bigger house, etc. So, moving across country again, for the 15th time in 25 years, seemed like a great chance to sell a few things, give some away, and yes, just throw some away.

Although we think of spring as a time of renewal and the traditional time to clear our homes of clutter, there is every reason to create a lifestyle that incorporates “spring cleaning” into our daily lives.

Why wait until spring to concentrate on clearing the cobwebs in every area of our lives? A healthy home reflects a healthy mind and heart, so why not plan to continuously keep your life in balance?

It's important to do some spring cleaning every few days by reflecting on your life and your interactions with others at work, at play, and at home (whether you live in the dormitory, base housing, or your own home). Keep lines of communication open; offer constructive feedback to coworkers, family, and your friends. Accept their feedback; in fact - seek it out, and listen actively.

Consider input as an opportunity to improve yourself and your relationships. Remember to take a good look in the mirror now and then; a bit of introspection is useful.

When we compartmentalize our

lives (and we often do), we only fool ourselves since there are permanent connections among the mind, body and spirit. We may be able to accommodate an imbalance for a while. It may even become necessary during a surge at work or a personal or family crisis, but eventually we must rediscover the right balance.

We may become accomplished at “appearing to be well” in all areas of our lives, but there is a need to actually have real balance. Being “the best” at work is not enough if your home life suffers.

Being “the best” at home may not be effective either, since we have specific duties at work that are required for success. Don't wait until it becomes apparent to others that something is wrong.

As we strive for the right balance, we should remember to find time for physical fitness. You may have a desk job that requires little physical work, or you might have a very physically demanding job. Either way, being physically fit is essential. Get the entire family involved. There is an

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Carey's Corner

Col. Michael Carey
90th Space Wing
Commander

Why we are here?

It is important that we all understand what the wing mission is and our role in accomplishing that mission, in short we need to be able to answer the question: “Why are we here?”

The 90th Space Wing is about missiles, missiles that can carry nuclear warheads to the other side of earth in about 30 minutes. These missiles provide a strategic deterrent to potential enemies. That doesn't mean our missiles will deter all threats, they weren't designed for that. Our missiles are intended to intimidate, and therefore deter, those who may consider attacking the United States “strategically.” If the enemy is not deterred, then we are able to attack quickly if ordered to do so by the President. We call this “Prompt Global Strike.” Our missiles have successfully held strategic enemies at bay throughout the Cold War and continue to be the bedrock of our Nation's defense. You are here to ensure that the foundation of our National security is ready and

able to accomplish its mission.

We have experts from a broad array of specialties to keep us mission ready. The list of experts is exactly equal to the number of personnel assigned to the 90th Space Wing: every one of you is necessary for our mission. Operators need maintainers; with out alert-ready weapons systems, we have no need for either. Security is paramount to protect our nuclear weapons and highly classified information and systems. Support and medical personnel enable each of us to do our jobs to the best of our ability. With out the support functions of the base, the mission would grind to a halt.

So why are you here? You support the mission of strategic deterrence and prompt global strike. Why are we here? We give the President of the United States the ability to be in a position of power when dealing with adversaries. The famed 90th Bomb Group of World War II claimed to be the “Best Damned Heavy Bomb Group in the World” ... because of you, we continue to live up to their motto. Thanks for all that you do, every day.

Press On!

— Warren —
SENTINEL

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90th Space Wing commander

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DEADLINES:

Articles are due to public af-

fairs, Building 250, room 201, by 4: 30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Editorial content is edited, prepared and provided by 90th Space Wing Public Affairs of Warren Air Force Base, Wyo., of Air Force Space Command.

All photographs are Air Force photographs unless otherwise indicated. Public affairs reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.

Direct questions or comments to the SENTINEL at 773-3381 or e-mail at Sentinel@warren.af.mil.

Published by:

Wyoming Newspapers, Inc.
202 E. 18th St., Cheyenne, WY,
82005

(307) 632-5666
Sentinel@warren.af.mil

Commentary

Spring, from page 2

inverse relationship between physical fitness and the number of hours spent watching television (including other inactive pursuits like Nintendo, PlayStation, computer time, etc). So get active, include your family, and get healthy.

Not only does fitness reduce the chance of diabetes, high blood pressure, arthritis, and other diseases related to obesity, being physically fit helps reduce mental fatigue.

No doubt you've heard someone say, "I'm going to take a short walk to clear my mind." Well, this is a valid concept. There is evidence that regular exercise and being physically fit reduces the risk of Alzheimer's disease.

Adding mental exercise reduces that risk even further, and experts agree that people who continue learning new skills, like how to play a musical instrument, or even simple things like

completing crossword puzzles, have a lower risk.

In this schedule, I propose for continuous "spring cleaning," take a bit of time to focus on each aspect of your life daily. It might help you find the right balance.

It might include a visit to the fitness center, the education center or the chapel. Remember to check out the HAWC for a variety of healthy recommendations. It takes about 30 days to create a new habit,

and it takes effort. Once you develop this new habit, you will miss your routine if you don't get to the fitness center regularly. If you use tobacco (smoking or chewing), it's time to quit - now, not later. All the excuses in the world won't cure emphysema or lung cancer.

We are fortunate in the military to have a lot of options available to help us break this expensive addiction with little if any direct cost, other than the time

invested.

If you care about yourself, your family, your appearance and your career, by developing your mind with continuous educational pursuits, your body with fitness and good nutrition, and take the time for meditation, prayer and relaxation when possible, you will not only be healthier and stronger, you'll feel more mentally alert and better about yourself, in mind, body and spirit.

American dream alive, well

Hard work, determination bring better life

Staff Sgt. Cat Casaigne
355th Wing Public Affairs

Davis-Monthan Air Force Base, Ariz.-- I am a product of the American dream.

I was raised on the concept that in America hard work and sheer determination can lead to a better life than you ever thought possible for your family.

As I helped my grandmother cook, or as my grandfather walked me to school, I was reminded of the opportunities and blessings America has bestowed on my family. My grandparents were born in Malta, a tiny island in the Mediterranean south of Sicily, Italy. My grandfather's family ran a successful hotel business and my grandfather had the benefits of a privileged childhood.

My grandmother's family, in comparison, was much more humble. She was one of 11 children and her father was a nurse. When my grandmother was in fifth grade and my grandfather in sixth, their childhoods were shattered. Malta, at the time an English commonwealth, entered World War II. Because of its strategic naval location, Malta would become the most heavily bombed nation (per square mile) of the war.

My grandmother was pulled from school and my grandfather from his tutors to run to the shelters for cover during countless air raids. Soon, all school lessons stopped and staying alive became the name of the game. Once, my grandmother was in church during

an air raid. A bomb broke through the dome of the church. Luckily, it did not go off.

Food was scarce. My grandmother's father would sneak food from the hospital to feed his children. Most of the time, he

grandmother. However, when she would not leave her family and marry him, he left for Canada.

While living in Canada, he wrote letters to my grandmother. Then one day she got a letter saying he was coming back to visit his

overcoming adversity they told me as they cooked and walked me to school.

They remain the cornerstone of our family and represent everything we aspire to be. For 23 years I have listened to their stories and I never tire of them. They tell our family's history, but more importantly, they tell what we are capable of overcoming.

My grandparents didn't see the American dream as fame or fortune. To them, the American Dream was opportunity -- opportunities for all 22 of their grandchildren to go to college.

No, we are not monetarily rich, but we are rich in family, love and pride. As one of the oldest of their grandchildren, I am most proud of their courage.

To leave family and friends for an unfamiliar land where no one speaks your language and, in the case of my grandmother, you hardly speak theirs takes courage I will never know.

To never see your parents again so you can chase a dream of a better life is something I could not do. But I would never have to. I am fortunate to serve and live in a country where people immigrate every day seeking the American dream. They know only America can provide them with the life they want.

The American dream is alive and well. It is the reason I only want to live in America, where my version stands a chance of coming true, thanks to the stepping stone my grandparents laid for me.

*I am a product of the American dream.
I was raised on the concept that in America
hard work and sheer determination can lead to a
better life than you ever thought possible for your
family.*

Staff Sgt. Cat Casaigne, 355th Wing Public Affairs

could only manage enough for one, which they would all split. My grandmother tells a story where her father sneaked home a cupcake and divided it into 11 pieces for the children.

My grandfather does not like to talk about the hardships his family endured.

As soon as my grandfather was old enough, he joined the English Royal Navy. Because of his hotel background and upper-class upbringing, he was assigned as Prince Phillip's steward. He served until the end of the war and went back to Malta.

Like most families there, his had lost everything in the devastation of the war. The hotel business was gone and with it, his family's place in upper society.

Having nothing, he decided to go to Canada to start his own life. About that same time he met my

father and hoped to see her. He set sail for Malta. It proved to be a providential trip. He was there for a few months and sailed back to Canada with his new bride.

He worked in Canada where he and my grandmother had all of their five children. Then, when the oldest was 8 years old, they moved to Ohio, then to Detroit, where he landed a job as a shift supervisor for General Motors.

My grandparents lived in Detroit, raising their children on the customs and values of a country they left behind. Always proud, my grandparents tried to teach their children to speak Maltese, but being surrounded by English they never fully spoke Maltese, though they all understood it.

More than 50 years after getting off the boat, my grandparents still live in Detroit and continue to tell the same stories of hardship and

Be safe on your motorcycle this summer

Dave Clark
Safety Office

Summer is finally here and motorcycle advertisements are hitting their target as Airmen flock to local dealers to purchase bikes almost as quickly as they can get them on the showroom floors.

Unfortunately, some who purchase motorcycles are not really prepared for two-wheeled transportation.

So far this fiscal year, the Air Force has had 9 motorcycle fatalities. In addition, numerous others have been in accidents that have taken them away from their work. Last year, 22 Airmen died from motorcycle accidents. Most motorcycle accidents are either very minor or fatal. Given that, every Airman who rides a motorcycle, or is contemplating purchasing a motorcycle, should be aware of the risks, and the rules that apply to motorcycling. Some are common sense -- some are Air Force law.

The rules clearly state that to ride a motorcycle while on active duty you must complete the motor-

cycle safety course. This applies to all who ride regardless of being on duty or off duty or on or off base. Very simply---***IF YOU RIDE YOU MUST FIRST COMPLETE A MOTORCYCLE SAFETY COURSE!*** Accidents without this course leave you vulnerable for a line of duty determination. This means you could be required to pay your own medical bills or if you are killed your beneficiaries may not receive your life insurance. It boils down to the fact that this course is required by Department of Defense and Air Force Instructions, which means you are required to comply or be subject to UCMJ punishment.

Additionally, to drive a motorcycle in the Air Force, on or off base, on or off duty, the instruction states that you have to wear the following: DOT-approved helmet, long trousers, long-sleeved shirt, full-finger leather gloves or mittens, over the ankle sturdy foot wear, protective eye wear and an outer garment of contrasting colors that is reflective at night. These rule are not

negotiable and failure to comply with these rules can spell disaster, to your health, life, or military career. Of course, many Airmen either think the rules apply to on-base operation only, or that

**IF YOU
RIDE, YOU
MUST COM-
PLETE A
MOTORCY-
CLE SAFETY
COURSE
FIRST**

there is no way the Air Force can enforce such instructions when you leave the base.

Let's look at that.

An Airman who ditches their safety gear, for reasons of comfort or because it just doesn't look cool enough, is many times more likely to suffer permanent damage if in an accident. Furthermore, when you discard safety gear, you make yourself

less visible. Motorcyclists, because of their limited profile, are already hard enough to see. Do you really want to make it easier for motorists to hit you?

Here's the thing on the legal side. The Department of Defense and Air Force Traffic Safety Instruction states that, to operate a motorcycle, any service member must comply with the instruction, on or off base. If you disregard that instruction, and you are involved in a motorcycle accident, you can be charged with Failure to Follow a General Lawful Order (Article 92).

How would the Air Force know? It's really quite simple. Our Law Enforcement Section is notified by police departments anytime a service member is involved in an accident. Their preliminary report indicates whether or not a motorcyclist was wearing the necessary safety equipment. Or a commander, first sergeant, or supervisor could see you riding without PPE, driving like a maniac, or just question whether you had completed a safety course. The bottom line is, in every mo-

torcycle accident, a Line of Duty investigation can take place. One of the determining factors is whether or not the motorcyclist was complying with the instruction.

The goal isn't to alienate any of you who own and operate motorcycles. I'm confident the majority of people who own them drive them safely, within the parameters of the law. But the numbers of people who are hurt and killed on motorcycles are often involved in accidents that are 100 percent avoidable. Most of the reports you read make you shake my head and ask, "Why would they do such a stupid thing as that?"

As we head into summer and fall, please do yourself a favor. Before you hop on your bike, or purchase a bike, make sure you think long and hard about what COULD happen. Keep in mind, even if you are a great driver -- are you willing to bet your life on the skills of the drivers around you? I sure wouldn't. You will never eliminate all the risks when you are on a motorcycle; you can, however, lower the risks by being smart.

Briefs

Free sports guards and
toothprints

The base dental clinic will be having a “sports guard day,” 8 a.m. to 12 p.m. today. The dental staff will be able to make custom sports guards that you will be able to pick up later the same day. At the same time, they will be holding toothprints day. Toothprints are a simple, cost effective way of documenting your young child’s unique tooth characteristics, tooth position within the arch and their jaw relationship. The dental staff will provide the toothprints wafer and plastic bag that you will be able to take home the same day. For more information, contact the dental clinic at 773-1846.

How is your water?

One of our most important natural resources is our water supply. Clearly, a safe, economical and abundant drinking water supply is absolutely essential for maintaining good health. Each year, Warren is required to publish a report on our drinking water in accordance with the Environmental Protection Agency’s Safe Drinking Water Act. To view the entire 2004 report please visit http://pubgis.co.pinellas.fl.us/pcuweb_live/documents/PCU_CCR2003.pdf, pick up a copy at the Military family housing office building 306, Chadwell dining facility building 325 or contact the 90th Medical Group Bioenvironmental Engineering Flight at 773-3088. For additional information, contact Master Sgt. Tony Moreland at 773-4364 or Sara Cherry, Water Quality Program Manager, at 773-4356.

Retiree volunteers wanted

The retiree activities office is looking for volunteers to man the office from 9 a.m. to noon or 1 to 5 p.m. They are also looking for volunteers to assist on the production and publication of their newsletter. If you are interested, contact Armin Lichtfuss at 773-2309 or e-mail fewrao@warren.af.mil.

Estate claims

If anyone has claims for or against the estate of Airman 1st Class Justin Souza, 90th Missile Security Forces Squadron, contact 1st Lt. Steve Brown at 773-4144.

Find a home for your HazMat

Laura Kwilinski
Base hazardous waste spill
response manager

With the moving season in full swing, many people are left with the inevitable task of finding a new home for the collection of chemicals and hazardous items accumulated during a multi-year tour at Warren.

While the base doesn’t have a formal collection point for hazardous materials accumulated in base housing, there is a nearby source off-base that can fit the bill.

The Household Hazardous Waste Collection Depot is located at the solid waste transfer station about fifteen minutes from base. They are open Saturdays, starting in March and continuing through November. An appointment must be made by calling 637-6440, Monday through Friday from 7 a.m. to 5 p.m. The appointment is necessary to find out what you are bringing and to establish the time to bring it, this is due to their limited storage space.

If the product is known, try and label the container as this helps the

depot.
The depot accepts:
- Pesticides and herbicides
- Toxins, poisons
- Used motor oil
- Antifreeze
- Auto and other batteries
- Fuels, solvents and flammable liquids
- Cleaners and corrosive
- Oil based paints
Unfortunately the depot does not accept some other items:
- Latex paints
- Asbestos
- Compressed gas cylinders
- Explosives
- Medical and biological wastes
- Radioactive material
The depot recommends solidifying any latex paint and disposing of it with household trash.
There are several easy methods to solidify paint. The first is pouring it onto a board or several layers of newspaper and allowing it to dry. Another method is to add a generous amount of kitty litter, or clay pellets and allowing it to dry. Once dry, the paint can be placed with



household trash.
Simply removing a lid from a can of paint won’t normally work. In a few days there may be a crust that develops, but the paint within the shell will remain liquid for a very long time.
The key is exposing it to air, and the more surface area, the faster it will dry out.
For more information, contact the depot by phone at the appointment number, or visit their Web site at <http://www.cheyennecity.org/hhw.htm>.

Congrats to 2005-05 NCOA graduates

- Tech. Sgt. Michael J. Leliaert, 320th Missile Squadron
- Tech. Sgt. Keith A. Thomas, 320th Missile Squadron
- Tech. Sgt. Dwyane A. Morrison, 400th Missile Squadron
- Tech. Sgt. Brent R. Johnson, 790th Missile Security Forces Squadron
- Tech. Sgt. Michael C. McFadden, 790th Missile Security Forces Squadron
- Tech. Sgt. William J. Guthrie, 90th Logistics Readiness Squadron
- Tech. Sgt. Thomas R. Pennell, 90th Logistics Readiness Squadron
- Tech. Sgt. Samantha A. Perez, 90th Medical Group
- Tech. Sgt. Traci L. Oaks, 90th Medical Support Squadron
- Tech. Sgt. Laura C. Pennell, 90th Medical Support Squadron
- Tech. Sgt. Edward A. McFillin, 90th Maintenance Operations Squadron
- Tech. Sgt. Raymond E. Salter II, 90th Missile Security Forces Squadron
- Tech. Sgt. Timothy A. Braithwait, 90th Mission Support Squadron
- Tech. Sgt. David C. Pinelli, 90th Maintenance Group
- Tech. Sgt. Robert T. Koehling, 90th Operations Support Squadron
- Tech. Sgt. Robert J. Mickens, 90th Services Squadron
- Tech. Sgt. Kristen A. Salinas, 90th Services Squadron
- Tech. Sgt. Randy W. Ridenour, 90th Space Wing

Construction Corner

Road closure update

The western intersection of Ft. Warren and Park Drive near the flag pole area reconstruction, North Argonne and North Cannon are closed until July 15. For more information, call Capt. Dustin Born, 90th Civil Engineer Squadron at 773-6016.

Project Notice: The wind farm construction project site is off limits to visitors. Refrain from going to the site unescorted and without making prior arrangements.

The project is into a critical work element, there are two very large open excavations and uncured slurry on the outer edge of these excavations which can be very dangerous. Over the next several weeks, there will also be a lot of heavy equipment moving around the two tower

locations and materials will be moved around overhead with a crane.

Persons to contact if wishing to visit this site:

- Master Sgt. Carter Zimmerman**
773-4081
- Kevin Zimmerman**
773-4090
- Charlie Howell**
773-2269
- Ken Davis**
773-5091

A visit may need to be delayed or postponed due to work schedule.

Finally, everything you need to know to

Make moving easier

First Lt. Nicole Walters
Public Affairs

Five ways to help your children adjust to a move

1. Kids Move Too. This briefing provides an opportunity for children to visit with other children who are moving. Plus, they get free goodies.

2. Youth Pen Pal Program. Your child receives information about their new installation prior to their move from a child at the new installation.

3. Twenty hours free child care for PCS. It's open to all ranks within 60 days of arrival or departure.

4. Talk to them! Moving IS a big deal, and it's even bigger for kids. Changes in attitude and behavior are a way to tell you something's wrong. Life skills and the chapel can help you find out what's going on, and what to do about it.

5. Research the area. Have your children read books about the area and surf online at the library to find out things they feel are important: How big is the new town? What is the weather like? What fun things are there to do?

Five tips from someone who has moved more times than she wants to count

1. Make a list of your sentimental valuables weeks before the PCS and don't let the movers touch them. In fact, box them up and put them in your car before the movers come. My mantle clock is only worth \$100, but it means a lot to me. It got scratched in the last PCS, and legal doesn't put a price on sentimental value.

2. Get the pets out of the way of the movers. It's a good idea to kennel them for the day. Once I tried locking them in a spare bedroom, but one of the movers opened the door three times. The last thing you need is a pet running away!

3. A do-it-yourself move can be a financially smart move or another headache. Weight the options before you decide.

4. Isolate important paperwork. You know, the stuff you wonder why you ever have done: powers of attorney, wills and your orders. It's Murphy's Law as soon as you send those documents with your stuff someone tells you, "Your signature

won't do. I need your husband's or your power of attorney and a copy of his orders."

5. Realize you aren't the first person in the world to move. Also realize the movers are people too. You get more flies with sugar, so be polite. It'll pay off in the long run.

Five resources for "rightsizing" your household goods:

1. Airman's Attic will accept your useable clean items that you no longer need. Consequently, if you get to your new base and find you need stuff, Airman's Attic is a great resource.

2. Warren Thrift Shop. They accept everything from coffee cups to compact discs to furniture. Be forewarned, you won't get rich by selling your stuff at the thrift shop, but you will get rid of it and hopefully make a buck or two.

3. Garage sale. You can't put signs up on base for your sale, but you can advertise with a free ad in the Sentinel. It's your best opportunity to bring you the most money, but it's hard work. Also, a little note on garage sale etiquette: don't sell your unmentionables, don't sell doughnuts and coffee,

and don't overprice things.

4. Trash. Everything has a half-life. If it's past its half-life, like sweaters and glasses, pitch or recycle them. Don't try to make 50 cents on a worn out pair of socks. It's too much effort and it makes you look tacky.

5. Ask your neighbors. If you are moving to Germany and can't take all the furniture you bought for that beautiful historic red-brick house, then ask your neighbors if they might have a use for it.

The next Smooth-Move briefing will be 8:30 a.m. July 21 in building 207, which is the Warren Family Support Center. Don't wait until the last minute; 90 to 120 days out is not too soon.

Join the Relocation Assistance Staff and other base organizations (TriCare, Temporary Lodging Facility, Personal Money Management, Spouse Employment, Accounting & Finance, TMO, and Legal) to get answers to your questions prior to your PCS, Separation, or Retirement. Spouses are welcome.

PHONE NUMBERS:
TRAFFIC MANAGEMENT OFFICE OUTBOUND
773-3824
TMO INBOUND
773-1848
JOINT PERSONAL PROPERTY SHIPPING OFFICE
1-800-771-1819
WARREN VET CLINIC
773-3354
FAMILY SUPPORT CENTER
773-5946
WARREN LIBRARY
773-3416
LIFE SKILLS
773-2998
WARREN CHAPEL
773-3434
WARREN THRIFT SHOP
632-3398
WARREN AIRMAN'S ATTIC
773-4106

Stressed?

Traffic management office

Recently we at TMO have developed a formula which can help most of you deal with MOVING STRESS. Hey, we're not saying it's a cure-all but let me tell you we have served over 2 million customers and are still going strong. So ... if you're suffering from MOVING STRESS, take a deep breath, relax, pick up a phone and call us. We have the experience, the where-with-all and the motivation to assist you in your time of great need.

There are three highly stressful times in a person's life: marriage, death and moving. Some of these happen only once or twice but a career in the military means you've graduated from "Moving 510". In fact, some of us are so good at moving that we think we know everything about it. Heck, we know how things are suppose to be packed, crated, loaded, and some of us even know when it's going to be delivered at the final destination. We know how to file claims and even know how to get away with shipping our cooking spices. So you might ask yourself ... why am I reading this?

Well if you're a seasoned mover or even a first timer, all you have to remember is this, if you have a question, a concern, are dissatisfied, or just a little confused, don't call your Commander, or your Mother, or Uncle Fred, and no not even the Ghostbusters. Just call your friendly local TMO. Why? Because we know personal property moves. If you have a question no matter how trivial give us a call. If your spouse is handling your move and you feel or she needs a little assistance because you're out fighting the good fight, we're here for you. Listen, any situation that's caused by misunderstanding or miscommunication between you and the movers can usually be solved in only a few minutes ...but we have to be aware of it. Don't let moving problems or issues get to the boiling point; use us to cool down the situation. For more information, call Quality Assurance at 773-6275 or TMO Customer Service at 773-3824 or 773-1848.

Drinking Responsibly I See?



90 SFG shows off for new commander



Above: Members of the 90th Security Forces Group stand in formation Wednesday in front of Building 34, ready to meet Col. Michael Carey, 90th Space Wing Commander.

Right: Airman 1st Class Chad Speakman shows off an uparmored vehicle. Airman Speakman is a member of the 790th Missile Security Forces Squadron.



Senior Airman Kyle Stout, 790th Missile Security Forces Squadron, gives a demonstration of the various equipment security forces members use while in the field.

Man on the street

The Warren Sentinel asked Warren members, "What do you think of the new Air Force fitness program's altitude and BMI policy?"



"I think the [altitude] handicap is lame. I've never had a problem with it."

--Airman 1st Class
Howard Smith, 90th
Missile Maintenance
Squadron



"[The altitude adjustment time] will help because I came from Alaska, and it's harder to run here."

--Senior Airman
Precious Mitchell,
90th Mission Support
Squadron



"It works for me."

--Airman 1st Class
Kevin Strickland, 90th
Missile Maintenance
Squadron



"I agree with the altitude adjustment. But, I think the new [Body Mass Index] standard is unfair to folks who are over their BMI. Some people just can't get down."

--Tech. Sgt. Chuck Foster,
90th Mission Support

The Fighting Irish

4 O'Brien Airmen fill active duty ranks

Deborah Mercurio
377th Air Base Wing Public
Affairs

At the commissioning ceremony for the University of North Carolina's Air Force Reserve Officer Training Corps Detachment 590, Cadet Margaret "Maggie" O'Brien became 2nd Lt. Maggie O'Brien only after her brother, Capt. Morgan J. O'Brien III, commissioned her with the oath of office; her sister-in-law, Capt. Jill O'Brien, helped affix her new rank and her brother, Airman 1st Class Andrew O'Brien rendered her first salute. The four O'Brien Airmen—the three siblings hail from Oceanside, N.Y., and Jill is a Cincinnati native—are all currently serving on active duty, striving to make both their family and their country proud.

Andrew is an information manager at Warren serving as executive assistant to the commander of the 90th Security Forces Group.

After starting in the ROTC program at the University of Notre Dame, Andrew enlisted shortly after graduating.

"It's a good thing that we have an enlisted member around here," chided Andrew, "or else nothing would ever get done around this family."

All jokes aside, Andrew

credits his parents for encouraging he and his siblings.

"We couldn't have done what we've done without their constant support," said the 24-year-old, who is scheduled to become a senior airman toward the end of the month.

"They set us on a path to success. Everything we've accomplished is owed to them."

The children and daughter-in-law of Morgan O'Brien Jr. and Susie O'Brien all joined for the educational benefits provided by Air Force ROTC before Sept. 11, 2001, but the realities of the Global War on Terror soon underscored the importance of their chosen career path.

"My husband Morgan and I are so proud of the four of them," said Mrs. O'Brien.

"We live in a Long Island community that lost so many people on 9/11—we're also within eyeshot of where the twin towers once stood—so we recognize why our military needs good personnel now more than ever."

Morgan set the standard for his younger brother and sister when he enrolled in the ROTC program at UNC.

"We saw it was a way to enable us to pay for school and do something for our country afterward," said



Courtesy photo

From left: Recently promoted Capt. Morgan O'Brien, Airman 1st Class Andrew O'Brien, 2nd Lt. Maggie O'Brien and recently promoted Capt. Jill O'Brien pose for Lt. O'Brien's graduation from University of North Carolina..

Andrew.

Morgan and Jill are stationed at Kirtland AFB, N.M., where Jill is a program manager for the Air Force Distributed Missions Operations Center and Morgan is the deputy director of public affairs for the 377th Air Base Wing.

The pair met as ROTC cadets (Jill graduated from Indiana University and Morgan from UNC) at the

summer freefall parachute training program hosted by the U.S. Air Force Academy and were married July 2004.

"With role models like my brothers and Jill, joining the Air Force was an easy choice," said Maggie. "I can't wait to serve with them."

After attending the Air and Space Basic Course at Maxwell Air Force Base,

Ala., Maggie, the youngest O'Brien, will begin missileer training at Vandenberg AFB, Calif.

"I can't put into words how proud I am of all of them," said Mr. O'Brien. "The pride they have in wearing the uniform, and the hard work each one puts into defending our country is the most rewarding way they could possibly honor us."



Photo by Staff Sgt. D. Myles Cullen

HAPPY 4TH OF JULY

SOUTHWEST ASIA -- Pilots deployed fighting the war on terrorism take American flags on missions for friends and family.

Officers to advise CCs worldwide

International affairs cadre to build global relations

Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON -- Air Force officials will begin training more than 100 officers this spring to become international affairs specialists in a managed secondary career path.

Ultimately, as many as 3,000 officers will form a pool of experts in regional, political and military affairs who will advise combatant commanders worldwide, officials said.

The first group of field grade officers, selected between now and summer, will enter formal training in the summer of 2006. The following year, Air Force officials will select and train more than 150 officers, then 210 each year until a pool of 2,500 to 3,000 specialists is filled, officials said. The goal is to use that pool to fill about 650 positions with reoccurring requirements.

"The international affairs skills set is viewed as core competencies in the military," said Col. Robert Sarnoski, Air Force international

Airmen division chief. "They're just as important as the weapon systems we field today."

The Air Force's initiative enhances expeditionary capability by developing regional and international expertise, cultural sensitivity and language skills allowing Airmen to build, sustain or enhance relations with international partners.

Colonel Sarnoski, a former defense attaché in Bangkok, Thailand, who is fluent in Thai, put his skills to use following the Sept. 11 attacks by helping Thai officials integrate into operations Iraqi Freedom and Enduring Freedom coalition forces.

"Senior leaders have asked for this program because they want and need officers with political-military experience," Colonel Sarnoski said.

The new program is tied directly to the new force-development program. Selected officers may receive additional university education, language training and cultural immersion to prepare them for the positions they will fill in the field, officials said. Officers will be desig-

nated on one of two secondary Air Force career tracks -- the regional affairs strategist or political-military affairs strategist.

Regional affairs strategists will advise commanders and senior leaders on regional issues, interacting with foreign counterparts to work political-military issues and develop reliable international relationships, developing aspects of operational and contingency plans, and working security cooperation initiatives to enhance international relationships.

Political military affairs strategists have similar duties, but these positions need international political-military expertise without necessarily requiring language skills.

"The career path complements an officer's overall career development with international affairs experience that contributes to success in the primary career field," said Bruce S. Lemkin, deputy undersecretary of the Air Force for international affairs. "We need officers with these skills in our expeditionary air and space force, leading our regionally focused missions and contingency deployments and successfully interacting with our allies, friends and partners around the world."

Officers with a strong track record and in-depth understanding and

experience in Air Force operations, doctrine and strategy will be selected at the seven- to 12-year point of their career for these opportunities, officials said. Air Force officials said they will highly consider officers with operational and maintenance backgrounds, as well as those with previously developed international skills.

"A key aspect of this program is balancing between the IAS career path and the officer's primary career specialty," Mr. Lemkin said. "Consistent with the Air Force's force-development concept, we are committed to keeping these officers proficient and competitive in their primary career field while making them international affairs experts."

OFFICERS WITH A STRONG TRACK RECORD AND IN-DEPTH UNDERSTANDING AND EXPERIENCE IN AIR FORCE OPERATIONS, DOCTRINE AND STRATEGY WILL BE SELECTED AT THE SEVEN- TO 12-YEAR POINT OF THEIR CAREER FOR THESE OPPORTUNITIES

INTRAMURAL SOCCER STATS

Team	Win	Loss	Tie
LRS	3	0	2
CES	4	0	1
MMXS	2	1	2
321	2	2	1
MSFS 1	2	2	0
790	1	1	0
MDG	2	3	0
MSFS 2	0	7	0

(Intramural soccer statistics are current as of July 6.)

SOFTBALL STANDINGS AMERICAN

American	Wins	Losses
20 AF	6	1
90 SFS	6	1
790 A	6	2
SSPTS	6	2
90 OG	4	3
MSFS 1	2	3
SFG	3	5
MSFS 3	1	7
MSFS 5	0	6
319/320	0	4
Total	34	34

NATIONAL

Team	W	L
LRS	9	1
CES A	8	1
MSFS 6	7	2
MDG	7	3
MMXS	5	4
MSFS 2	5	5
153CACS	5	6
COMM	3	6
790 B	2	4
321/400	3	8
CES B	2	8
MSFS 4	1	9
Total	57	57

Intramural softball statistics are current as of July 6

The Warren Paintball tournament
was held June 25

And the winners are...

First place Genocide

Team members: Mark Bramman, Jeremy Doe, Tom Kuehler, Michael Gray, Jason Hurd

Second place: Comm II

Team members: Robert Monohan, Joshua Richter, Christopher Wade, Taylor Britten, Josh Bleisner

Third Place: X-S

Team members: Jacob Bahr, Shawn Chillcut, Bob Leach, Matthew Ammons, Zach Perry



Photo by Tech. Sgt. Steve Goetsch

AND THEY WERE RUNNING

Senior Airman Omar Williams and Staff Sgt. Michael Smothers, 90th Missile Maintenance Squadron, try to beat the heat during their Warfit training run around the Argonne Parade Field Wednesday.

Warren chef to give servicemembers raise

Airman 1st Class Melisa Weston takes time to answer a few questions for the Warren Sentinel.

What's the best part about Warren?

[It's] close to Colorado

What exactly is your job?

I am a chef out at Delta [Missile Alert Facility].

Do you love it?

Yes.

What's the best part?

Making the cops' and capsule [crews] day.

What is something most people don't understand or know about your job?

That sometimes I need to work around the cops or missile maintenance schedule because their hours don't always fall during meal hours.

Other than Warren, where's the coolest place the Air Force has taken you?

Nowhere, really, just here and Lackland AFB, Texas.

Where do you see yourself in five years?

Commissioned as an officer, hopefully in Europe.

What's Warren's best-kept secret?

Sanford's Restaurant down-

town.

If you could have dinner delivered to you from anywhere in the world, where would it be from and what would it be?

Virginia and North Carolina, fresh seafood.

What was the last movie you saw at the theater?

"Boogeyman"

What was the last DVD you watched?

"Ladder 49"

Who's your hero?

My dad because he managed a military career and supported his family the whole way.

What's something people you work with would be surprised to know about you?

That services was the first job that I wanted.

What's your life's motto?

Life is like a box of chocolates: you never what you are going to get. (Like orders to Cheyenne, Wyo.)

When you were a kid, what did you want to be when you grew up?

I wanted to travel; I really didn't care what job.

What's your favorite dessert?



Courtesy photo

Airman 1st Class Melisa Weston prepares a meal at the Whipple House.

Apple pie with vanilla ice cream.

What CD do you have in your stereo right now?

Dave Matthews Band and Green Day.

If you were president for a day, what would you do?

Give the military a raise.

What do you like to do for fun? Go snowboarding.



Five-man paintball tournament

Get a team together and enter the five-man paintball tournaments hosted by outdoor recreation with prize packages sponsored by Jax Outdoor Gear and On-Site Automotive (no federal endorsement of sponsors intended). Tournaments are scheduled for Aug. 6 and Sept. 3. Enter at outdoor recreation, which is open 11 a.m. to 5 p.m., Mondays, Tuesdays, Thursdays and Fridays. Entry fees are \$15 per person. This includes unlimited Co2, 200 paintballs, safety equipment, and marker if needed. Official tournament rules apply. No outside paint; paint is available for sale on site.

Prizes and awards for first, second and third place teams in the Saturday tournament are:

First place: trophies, PMI paintball pants, jerseys, glove sets and coupons for 20 ounce Co2 fills.

Second place: Trophies, Six-plus-two packs with tubes and coupons for 20 ounce Co2 fills.

Third place: Trophies, \$15 Jax gift certificates and coupons for 20 ounce Co2 fills.

For more information call 773-2988.

Fishing boats ready for rental

Outdoor recreation has 14' boats with 15hp motors ready for rental. A rental requires a 1 7/8" ball, a flat four-electrical connection for the lights and a completed boaters safety course. Renters are also recommended to check to see that their vehicle insurance covers rented towed vehicles. Reservations for the boats can be made up to 30 days in advance by calling ODR and guaranteed with a VISA or MasterCard. For more information, call ODR at 773-2988.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID

cards to dine at Chadwell, noon to 1 p.m. Family members of the deployed are also welcome.

Family members of E-1 to E-4 active duty are welcome to accompany their sponsor during all Chadwell Dining Facility meal times.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed? Call or stop by the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Golf 4 Kids

Kids ages 8 to 13 are invited to learn to play golf July 11 to 14.

Participants will receive a Golf 4 Kids logo T-shirt, cap, golf towel, neon tee pack and bag tag, rules and etiquette brochures and a graduation certificate.

Children graduating from the program will get a free set of top quality junior clubs to keep. The cost

is \$99.

For more information, call 773-3556.

Xtreme Bowling

Come to Warren Lanes on Friday and Saturday nights and participate in Xtreme Bowling. Xtreme bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls.

The cost is \$7.50 per lane/per hour. Bowl 9:30 to 11 p.m. Fridays, and 7 to 11 p.m., Saturdays.

Give Parents a Break program

Give Parents a Break is a free child-care program for active duty members with children ages 6 weeks to 11 years who are under unique stress.

The program is available monthly on the first Saturday, 8 a.m. to noon and third Friday, 5:30 to 9:30 p.m.

A referral must be requested from squadron commanders, first sergeants, chaplains, medical professionals, family advocacy, family support center

or the child development center.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall. The stall can be reserved one business day prior at the standard rate of \$3 per hour.

One stall will be available for reservations, and will not include a lift.

Reserved stalls will be held until five minutes after the reserved time then released to waiting patrons.

For more information, contact 773-3869.

Discover archery

Kids ages 8 to 17 and adults are invited to participate in the free Discovery Archery Program July 11 to 15. Kids classes are 8 a.m. to noon. Kids will learn proper shooting techniques, scoring and archery range rules.

Adult classes are 1:30 to 4:30 p.m. Adults will become Level 1 certified instructors.

Sign up at the Youth Center by Wednesday.

6 by 6

SHIRT'S CORNER

Customs and courtesies tips from Warren's first sergeants



Master Sgt. Efrain Gonzalez

Servicemembers show off different combinations of the new physical training uniform. The new uniform will be issued to Airmen serving in Southwest Asia first and phased into the rest of the force over the next three years.

Master Sgt. Christopher Campbell
90th Security Forces Squadron
First Sergeant

So you bought the official Air Force physical training uniform. You are showing great initiative and esprit de corps. This new uniform will set us apart from the rest of the services and the uniform is a great recruiting tool as well. Now that you are officially part of the reflective Air Force PT brigade, do you know how to wear it properly? Not everyone knows the standards for the wear of the PT uniform; hopefully this will help to clear up the confusion.

Did you know that your PT gear cannot be intermingled or worn with any other clothing? The PT gear is an official Air Force uniform. You would not wear your BDU top with your Wranglers to Cheyenne Frontier Days just as you should not wear your PT shorts or pants with your George Strait or Snoop Dogg shirt. However, you can wear any combination of the uniform. For example, you can wear the shirt with the pants or shorts, but if you wear the jacket, it has to be zipped at least halfway.

Here are some other common mistakes with the uniform.

- You must tuck in your T-shirt at all times.
- If you are wearing the pants, your pant legs must be zipped all the way closed.
- Grooming, piercing and tattoo standards are the same as any other uniform.
- Although stylish, your argyle socks are not authorized either. You must wear white ankle or calf length socks.
- You are not authorized to wear headphones in any other uniform, and the same goes for the official PT uniform.
- Hats are not authorized while wearing the PT uniform either.

- If you are wearing the PT uniform while not performing PT and encounter an officer with appropriately displayed rank, you must salute.

We should take pride in any Air Force uniform that we wear. Taking pride in your uniform means wearing it properly and positively representing yourself, your unit and the Air Force. Wear your Air Force PT uniform with distinction and pride and help those around you understand the standards as well.

PAINTBALL TOURNAMENTS



F.E. Warren AFB
SERVICES
Combat Support & Community Service

Five man team format! Entry deadline is the Tuesday prior! Trophies and prizes for five team members, 1st, 2nd & 3rd place.

August 6

- 1st Place** - Five cases RPS premium paint & Jax coupons for 20 oz. Co2 fills
- 2nd Place** - Five, 6+1 packs with tubes & Jax coupons for 20 oz. Co2 fills
- 3rd Place** - Five Jax \$15 gift certificates & Jax coupons for 20 oz. Co2 fills

September 3

- 1st Place** - Five Paintball guns & Jax coupons for 20 oz. Co2 fills
- 2nd Place** - Five, 6+1 packs with tubes & Jax coupons for 20 oz. Co2 fills
- 3rd Place** - Five \$15 gift certificates & Jax coupons for 20 oz. Co2 fills

Entry Fee \$15 per person. Entry deadline is the Tuesday prior to tournament date - Aug. 2 & Aug. 30.

This includes unlimited CO2, 200 paintballs, safety equipment, and marker if needed. Official tournament rules apply.

No outside paint, paint available for sale at site.



Open Play Paintball is every Thursday, 6 - 8:30 p.m.
Call Outdoor Recreation, 773-2988

No federal endorsement of sponsors intended

PRP

It's everyone's responsibility

On June 3 the general knowledge question was: who is subject to continuous evaluation when it comes to PRP?

Question: What does continuous evaluation mean?

Answer: It is the process by which a PRP certified individual is observed for compliance with reliability

standards. This is an on going process that considers on and off duty performance and behavior on a consistent and frequent basis.

Look for a general knowledge question every week 90 MSS/DPMAP base PRP Office"

For more information, call 773-3490.